

**UTILITY PATENT**

**ATTORNEY DOCKET NO. CIL1736**

**CLAIMS**

Please cancel claims 1-19 without prejudice.

Please amend the claim set in the following manner.

Claims 1-19 (cancelled):

Claim 20 (original): A method of using a figure eight shaped exercise device, said method comprising:

obtaining the figure eight shaped exercise device consisting:

a first hoop-like member having a handgrip attached to the first hoop-like member; and

a second hoop-like member attached to the first hoop-like member, the second hoop-like member having an arm engagement pad;

inserting a user's arm through the second hoop-like member of the device until the upper section of the user's arm is positioned within the second hoop-like member of the device; slipping the lower section of the user's arm through the first hoop-like member of the device;

adjusting the arm engagement pad of the device around the back portion of the upper section of the user's arm;

gripping the handgrip of the device with the hand of the user's arm, wherein the steps of inserting, clipping, adjusting and gripping steps constitute wearing the device;

suspending the user's arm bent at an angle between about 35 degrees to 150 degrees while wearing the device;

walking while wearing the device;

jogging while wearing the device; and

running while wearing the device.